

EDUCATION PROGRAMS



BE MIND FULL

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

Mindfulness

Thursday Evenings Beginning September 24th, 2015

Thursday Evenings Beginning March 31st, 2016

6:30 to 8:30 PM

This six-week skill-based program is designed to teach individuals the benefits and practice of mindfulness and how to focus on the art of living deeply in the present moment. Participants will learn how to practice mindfulness to calm the mind and to improve both mental and physical health.

Understanding Anxiety & Panic Disorder

Tuesday Evenings Beginning October 20th, 2015

Tuesday Evenings Beginning March 22nd, 2016

6:30 to 8:30 PM

This eight-week program is designed for individuals who have been diagnosed with generalized anxiety and / or panic disorders. A trained facilitator and health care professionals discuss issues related to anxiety and panic disorders, including information on symptoms, treatment options, coping strategies and community resources.

Building Self-Confidence

Thursday Evenings Beginning November 5th, 2015

6:30 to 8:30 PM

This six-week program is designed to help **women** learn to believe in themselves and to push the limits of their abilities. Self-confidence naturally makes you happier when you learn to take responsibility for yourself and this leads to your being more successful in life. The program covers what self-confidence is, how it affects our lives and the step-by-step approaches necessary to developing it.

Depression: Help Can Make a Difference

Tuesday Evenings Beginning January 26th, 2016

6:30 to 8:30 PM

This six-week program is designed for individuals who have been diagnosed with depression. A trained facilitator and health care professionals discuss issues that relate to depression, including information on symptoms, treatment options, coping strategies and community resources.

Building Assertiveness Skills

Thursday Evenings Beginning January 28th, 2016

6:30 to 8:30 PM

This six-week program is designed to teach **women** how to stand up for their personal rights - expressing thoughts, feelings and beliefs in direct, honest and appropriate ways while still respecting the thoughts, feelings and beliefs of others.

Hope & Healing:

Coping with the Suicide of a Loved One

Tuesday Evenings Beginning March 15th, 2016

6:30 to 8:30 PM

This ten-week program is for individuals who have lost a loved one to suicide. A trained facilitator and health care professionals offer information on the grieving process, self-care, coping strategies and community resources.

For more information or to register for these programs,
please contact:

CMHA of NB Saint John Office

Phone: (506) 633-1705

Sponsored by:

